



Goal Setting and Self-Love

A Monthly Guide for Cultivating Staff and Family Wellness | February, 2021 | Issue 4

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self-love

/ˈself ˈləv/
noun

regard for one's own well-being and happiness (chiefly considered as a desirable rather than narcissistic characteristic).

INTRODUCTION



In honor of the beginning of a new year and Valentine's day being around the corner, we have chosen to dedicate this month's newsletter to two very important topics—self-love and goal setting. Though these may seem like two completely different concepts, they actually go hand in hand! When working towards our goals in life, it's easy to become tunnel visioned, focused only on achievements that fall in line with our career, financial, and social success. However, remembering to stop and cater to your emotional wellness is key to ensuring that you can effectively achieve and enjoy the other aspects of your life! We hope you enjoy!

CULTIVATING SELF-LOVE IN SEVEN STEPS

Though many of us are aware of what Self-Love is, we may not know exactly how to apply it to ourselves. Interestingly, we tend to have a clear understanding of how to show love to others. We complement our friends and partners, buy them gifts, comfort them when they aren't feeling well, and dedicate one-on-one time for them on a consistent basis. So if we are so well versed in how to show love to others, what has us stuck on how to turn that love inward?

This answer may differ from person to person and may be too complicated to answer in just a few sentences, but largely, we tend to place a great deal of weight on the opinions of others to determine whether we are worthy of self-love. If most people in our lives feel we are kind, supportive, and likeable, we often feel similarly about ourselves. However, if the opposite is true, we may internalize those opinions and see them as a direct reflection of our worth. It is important to remember that self-love is not determined by the opinions of others and should not fluctuate based on external assessment or validation (and yes, I know, this is much easier said than done).

For those of you still unsure of how to cultivate that oh-so-important love of self, here are 7 ways you can start! This information is brought to you directly from PsychologyToday.com in an article written by Deborah Khoshiba Psy.D.

1. Become mindful.

People who have more self-love tend to know what they think, feel, and want. They are mindful of who they are and act on this knowledge, rather than on what others want for them.

2. Act on what you need rather than what you want.

You love yourself when you can turn away from something that feels good and exciting to what you need to stay strong, centered, and moving forward in your life, instead. By staying focused on what you need, you turn away from automatic behavior patterns that get you into trouble, keep you stuck in the past, and lessen self-love.

3. Practice good self-care.

You will love yourself more, when you take better care of your basic needs. People high in self-love nourish themselves daily through healthy activities, like sound nutrition, exercise, proper sleep, intimacy and healthy social interactions.

4. Set boundaries.

You'll love yourself more when you set limits or say no to work, love, or activities that deplete or harm you physically, emotionally and spiritually, or express poorly who you are.

5. Protect yourself.

Bring the right people into your life. I love the term frenemies that I learned from my younger clients. It describes so well the type of "friends" who take pleasure in your pain and loss rather than in your happiness and success. My suggestion to you here: Get rid of them! There isn't enough time in your life to waste on people who want to take away the shine on your face that says, "I genuinely love myself and life." You will love and respect yourself more."

6. Forgive yourself.

We humans can be so hard on ourselves. The downside of taking responsibility for our actions is punishing ourselves too much for mistakes in learning and growing. You have to accept your humanness (the fact that you are not perfect), before you can truly love yourself. Practice being less hard on yourself when you make a mistake. Remember, there are no failures, if you have learned and grown from your mistakes; there are only lessons learned.

7. Live intentionally.

You will accept and love yourself more, whatever is happening in your life, when you live with purpose and design. Your purpose doesn't have to be crystal clear to you. If your intention is to live a meaningful and healthy life, you will make decisions that support this intention, and feel good about yourself when you succeed in this purpose. You will love yourself more if you see yourself accomplishing what you set out to do. You need to establish your living intentions, to do this.

AVOIDING THE MONDAY TRAP



Most of us have either heard or have used the phrase, "I'll start on Monday." With the spirit of the new year still among us, many of us are either continuing new goals or waiting to start working towards these new goals on Monday. The thing is, sometimes that Monday never comes and we look back, only to find that we haven't accomplished what we want. Remember that the idea of "Monday" is simply a concept and we don't need a day of the week to start anew! You are only one meal, one deferred frivolous purchase, or one workout away from starting towards your goal. So remember, avoid the Monday trap and start today!

SETTING SMART GOALS

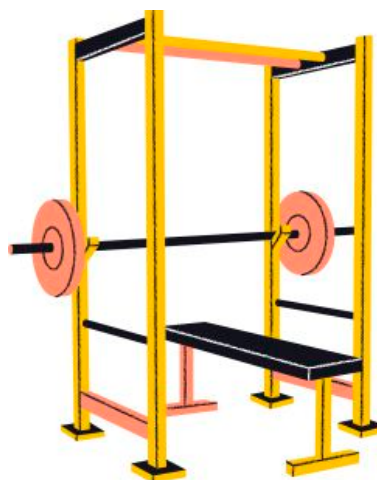


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1. **Specific** (simple, sensible, significant)
2. **Measurable** (be clear on what amount you need to indicate you achieved, ex. pounds, money saved, number of books read, amount of time spent with family, etc).
3. **Achievable** (attainable)
4. **Relevant** (reasonable, realistic, results-based)
5. **Time-bound** (time based, time limited, time sensitive)

FEBRUARY PHYSICAL ACTIVITY CALENDAR








Physical Activity is an important part of your child's and your family's overall health. Current recommendations state that children should engage in 60 minutes of physical activity per day. We understand that these recommendations might be difficult to follow with the current COVID19 stay-at-home orders, which is why our program will soon be providing guidance and materials to support your family with these goals. Stay tuned!

Physical Activity Calendar on the next page...

February

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate Heart Health this month! Everything we do this month will help your heart be healthy. Put your hand on your heart after every physical activity.	Start today with jumping jacks. Is your heart beating faster? 	Silly walking around the house – walk all around your house acting out different emotions – can you walk happy, sad, shy, angry?	Ask others in your family to pretend to be in a parade with you. Each of you can imagine that you are playing a different instrument as you march in a line.	Play the "Mirror Game". Face your parent/caregiver and copy what they do with their bodies as if you were looking into a mirror.	Explore Speed – move fast, then really slow, and now in between. Which one makes your heart go faster?	Time to get outside and take a Nature Walk around your house or neighborhood. Make sure to go with a grown up.
Turn on some music and try to run in place for one song. Feel your heart when the song is over. Now lay down for one song. Feel your heart again.	Act out the foods that make your heart healthy. Be a tiny blueberry, a curvy banana, and a swimming fish.	Move like things around the house. Can you be a blender? Now be the washing machine. How about a vacuum? What does this do to your heart?	Read a book with someone and act out the words. 	Pretend you are floating through the air like a bubble. Your job is to move all through your house without being popped. Try to get really close to things without touching them.	Ask someone to help you make paper airplanes and then work on your throwing skills. Remember to step with the opposite foot.	Make a circle on the floor with a string and practice moving into, out of, around, over and beside. Make a different shape with your string.
Time for a winter rock party. Turn on the music and dance until you feel your heart beating really fast. 	Twist, turn, bounce, and bend - try doing each of these movements with different parts of your body. Can you think of other ways to move?	Give away five hugs to make your heart happy and healthy today!	Be a clean machine! Dust – reach high, low, over and under as you work your muscles.	Visit every doorway in your home and when you get there try to do a different balance. Balance on one hand and two feet, or one knee and two hands. How long can you hold each one?	Run like a bear with your hands on paper plates and your feet on the ground. Push the plates through different pathways.	Spread out wash cloths and move across the floor stepping only on the wash cloths. Try not to touch the floor.
Visit every window in your home, and when you get there try to jump as high as you can as you reach and stretch.	Yoga Zoo Animals – put your body into different animal shapes. Stretch and reach and hold the shape as you remember to breathe.	Make your heart healthy today! Lie down and feel your heart then get up and run in place and feel your heart. What happened?	Get outside and work on your jumping skills. Find a rope and lay it on the ground – practice jumping back and forth over it as you sing your favorite song.	Body Ball Roll – using a ball, such as a beach ball, work on rolling the ball around your body. Stand up, sit down, kneel or lay down. Go around the whole body and different body parts.	Place a sheet of newspaper on your tummy – try to run without it falling off. 	Wad up balls of newspaper and see how far you can throw them. Remember to step with the opposite foot as you throw. What does this do to your heart?
Using the newspaper balls from yesterday – hold them between your knees and take them to the other end of the room.	Play Add-On. Take turns doing one simple movement, such as bending your head forward and backwards. As you do a new movement, repeat the movements that have already been done.	Play catch with someone with a rolled up t-shirt. Can you toss it up and catch it on different body parts?	Sweep the floor, working your reaching and pulling and pushing motions. 	Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances.	Get outside and work on the idea of BIG and small. Can you take big steps and small steps, big jumps and small jumps?	Read through each day again and repeat your favorite February activity. Enjoy!

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1900 Association Drive, Reston, VA 20191 • 703.472.3400 • Fax 703.476.9527 • info@shapeamerica.org



PARENT SPOTLIGHT



Please find a note from one of our parents on her experience attending Dr. Mary's "Parenting During a Pandemic" workshop.

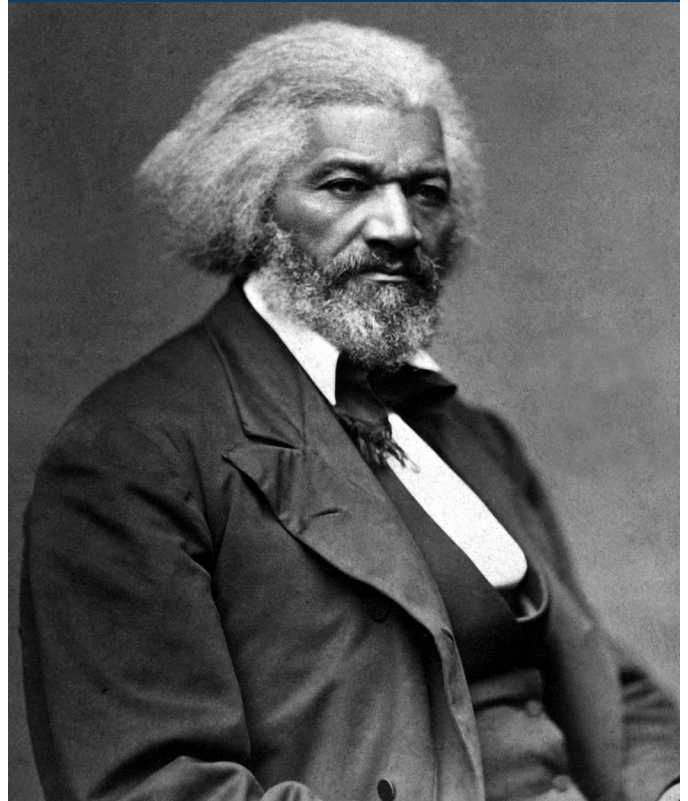
"I would like to share what I have learned from Dr. Mary's workshop, I learned that Josiah wants to be helpful by observing him and what she said "have him help you," that takes attention away from saying "no" to him all the time. It worked he helped put the decorations up, so he understands that it's special, I praised him for "helping me," and used keywords and facial expressions so he understands emotion. I really enjoyed these services CCRC provided because it was well organized and all parents felt inclusive.

Thank you,

The Gonzalez Family"

ANNOUNCEMENTS

Happy Black History Month



"Without struggle, there is no progress."

- Frederick Douglass

**FOR 24/7 HELP, PLEASE CALL OUR HELP LINE
AT (800) 854 - 7771 TO SPEAK WITH A DEPARTMENT OF
MENTAL HEALTH REPRESENTATIVE TODAY.**